



UCCOOK

Spicy Falafel Bowl

with red quinoa

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	825.5kJ	4185.9kJ
Energy	197.5kcal	1001.4kcal
Protein	5.2g	26.6g
Carbs	19.7g	99.7g
of which sugars	3.8g	19.5g
Fibre	4.9g	24.8g
Fat	10.4g	52.6g
of which saturated	1.2g	6g
Sodium	267.8mg	1358mg

Allergens: Allium, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Quinoa
120g	240g	Carrot
10ml	20ml	NOMU Cajun Rub
60g	120g	Chickpeas
10ml	20ml	Red Wine Vinegar
50g	100g	Cucumber
50ml	100ml	Vegan Mayo
15ml	30ml	Banhoeck Chilli Oil
10g	20g	Pumpkin & Sunflower Seed Mix
6	12	Outcast Falafels
20g	40g	Salad Leaves

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

1. KEEN ON QUINOA Preheat the oven to 200°C. Place the quinoa in a pot with 150ml [300ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 20-25 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes. Spread the carrot out on a roasting tray, coat in oil, NOMU rub, and seasoning. Roast until golden and crispy, 10-15 minutes. Scatter over the chickpeas and roast for a further 10 minutes.

2. PICKLE & DRIZZLE In a small bowl, combine the red wine vinegar, a sweetener (to taste) and the cucumber. Set aside to pickle. In another bowl, combine the mayo and the chilli oil (to taste). Loose with water in 5ml increments until drizzling consistency. Season and set aside.

3. THE CRUNCH FACTOR Place the seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. FRY THE FALAFELS Return the pan to medium heat with enough oil to cover the base. Fry the falafels until golden and crispy, 2-3 minutes per side. Remove from the pan and drain on paper towel.

5. SERVE & SAVOUR Toss together the quinoa and salad leaves with some olive oil. Plate it up, topped with the pickled cucumber, the roasted carrot and chickpeas, and the falafels. Drizzle over the spicy mayo. Garnish with the the seed mix. Dig in, Chef